

MARTIAL

ARTS

with Elizabeth Morgan

SPORT

Controlled Sparring
Sparring Drills
Balance and Coordination
Training Techniques
Tournaments

SELF-DEFENSE

Hands on instructions
How to avoid potential conflicts
Kicks and Strikes
Defend against attacks
Build Awareness

ART

Build self confidence
Self-Discipline
Balance and Coordination
Fitness and Overall Health
Focus Leadership Skills

Tuesdays, Jun. 7-Aug. 16

Ages 5-12

6:30-7:30 p.m.

Ages 13-70

7:30-8:30 p.m.

Students may try their class **FREE** before they sign up. New students will be accepted the first three weeks. Facility usage card required.

SUMMER CLASS *schedule*



CITY OF SUGAR LAND

Imperial Park Recreation Center
234 Matlage Way, 77478